

## Assessment of Physical Activity

### 1. Current Physical Activity

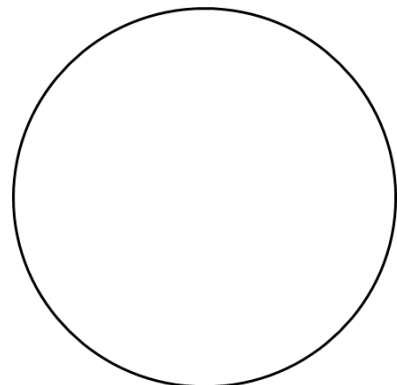
<b>Intentional Physical Activity</b> <i>(sport/PE/fitness training/ professional)</i>	<b>Sessions / week</b>	<b>Sessions length(hrs)</b>	<b>Incidental Physical Activity</b> <i>(commuting / incidental to other life activities / physically demanding work)</i>	<b>Time / Day</b>

### 2. Reasons for exercise (Circle the 3 most important)

Health & wellbeing	Fitness
Enjoyment & a challenge	Mood & stress management
Weight & shape control	Professional achievement
Other: _____	

### Reason for exercise pie chart

Divide up the pie chart to show how important each reason is:





---

3. Problems (e.g. injury, personal safety, medical recommendations)

4. Attitude of close others

5. summary & impressions

---